



WEEKLY SPLASH

Update for the week of **12/23/2024**

What a **GREAT** day for our younger swimmers at the Santa Classic. Rapids families braved the elements just like a true trip to the North Pole and were rewarded with a visit from the big man himself. Santa took some time from his busy schedule and visited with the younger swimmers, even finding a few minutes for a special photo with the Rapids. Merry Christmas and Happy Hanukkah to all of our Rapids families this week. I hope everyone gets to enjoy some special time with family and friends.

SCHEDULE CHANGES FOR THE WEEK

See our holiday break schedule below (it's the same one mailed our last week and posted under news) Stay tuned for a Milford updated schedule during the week as we prepare to move into our new facility.

PARENT NOTE

Parents please refrain from texting and yelling for your swimmers to go to the blocks. We had a couple of instances at the Santa classic where parents were telling their swimmers 1 thing and our coaches, who had a specific plan to send swimmers to the blocks which was based on the meet officials not wanting the end by the blocks which has limited space to get too crowded. The swimmers were confused and very anxious over their parents telling them one thing and their coaches telling them something else. Parents please refrain from "coaching" your swimmers.

FITTER & FASTER

Only a few spots left - don't miss out.

- **January 31:** 13 & over: Explosive Starts, Underwaters & Breakouts
- **February 1:** 12 & under: Explosive Starts, Underwaters & Breakouts
- **February 2:** 13 & over Faster Flip Turns, Open Turns & Finishes & 12 & under: Faster Flip Turns, Open Turns & Finishes

[12 & under swimmers: CLICK HERE for details and registration](#)

[13 & over swimmers: CLICK HERE for details and registration](#)



RAPIDS SWIM TEAM



DAY	DATE	GROUP	TIME	LOCATION
Monday	12/23	Seniors	10:30-12PM	SCC
		Juniors	10:30-12PM	Masuk
		Novice	12-1PM	Masuk
Tuesday	12/24	Seniors	10:30-12PM	SCC
		Juniors & Novice	OFF	
Wednesday	12/25	ALL GROUPS	OFF	
Thursday	12/26	Seniors	10:30-12PM	SCC
		Juniors	4:30-6PM	SCC
		Novice	6-7PM	SCC
Friday	12/27	Seniors	10:30-12PM	SCC
		Juniors	10:30-12PM	Masuk
		Novice	12-1PM	Masuk
Saturday	12/28	Seniors	9-11AM	SCC
		Juniors	10:30-12PM	Masuk
		Novice	12-1PM	Masuk
Sunday	12/29	Seniors	11:30-1PM	SCC
		Juniors & Novice	OFF	
Monday	12/30	Seniors	10:30-12PM	SCC
		Juniors	10:30-12PM	Masuk
		Novice	12-1PM	Masuk
Tuesday	12/31	Seniors	10:30-12PM	SCC
		Juniors & Novice	OFF	
Wednesday	1/1	ALL GROUPS	OFF	

- All Milford practices will be on a normal schedule
- Milford practices will be canceled 12/24, 12/25, 12/31 & 1/1

RAPIDS SWIM TEAM